

## HOW TO SUPPORT AIDS CALGARY

### Become a Member

Members help guide the future of the agency and support the work we do by electing our board of directors. Membership is free - however a donation in lieu of a membership fee is encouraged.

### Donate

All donations directly support our programs and services. Make a donation online at [www.aidscalgary.org](http://www.aidscalgary.org), by mail or in person. We accept cash, cheque, credit card or gifts of stock.

Every donation counts! \$1000 purchases 5,000 condoms. \$500 provides one month's rent subsidy for a client in need. \$250 buys groceries for one Positive Living Lunch. \$50 covers transportation and childcare for a woman needing to access our services.

### Host a Third-Party Fundraiser

Turn your office Christmas party or jeans Friday into a fundraiser for AIDS Calgary. Any event can be a great reason to raise money to support HIV/AIDS education and prevention.

### Support a Fundraiser

Attend an event, sponsor an event, give with a gift-in-kind or cash, volunteer your time.

### Volunteer

We offer positions in our programs, on our board and for special events. All volunteers must complete our application process and training sessions.

## THE FACTS ABOUT HIV/AIDS

### What is HIV/AIDS?

HIV = Human Immunodeficiency Virus

AIDS = Acquired Immune Deficiency Syndrome

AIDS is caused by a virus called HIV. There is no cure for HIV. If you contract HIV, you have it for life. A person living with HIV does not look different than anyone else. HIV does not discriminate.

### What does it do?

HIV attacks the immune system and makes it easier for you to get sick. After having HIV for a while, your immune system becomes weak and you can get deadly infections and cancers. This is when you'd be given an AIDS diagnosis.

### How do you get it?

The virus must get into your bloodstream for you to become infected. HIV can live in blood, semen, pre-cum, vaginal secretions, and breast milk.

### Four common ways of transmission

Unprotected sex (vaginal, anal and oral) and shared sex toys.

Sharing needles and equipment for injection drug use.

From mother to child during pregnancy, delivery or breastfeeding.

Tattoos & piercings that are unprofessional or not sterile.

### Reducing the Risk

Use a latex or polyurethane condom every time.

Talk about HIV and STIs with your partner.

Abstinence is an option.

Never share needles. Use a new needle every time.

Tattoos or piercings: use sterile equipment, go to a reputable establishment.

### OUR MISSION

To reduce the harm associated with HIV and AIDS for all individuals and communities in the Calgary region.

### OUR VISION

Empowered lives in a compassionate society in the face of HIV/AIDS.

For more information, or to support AIDS Calgary by becoming a member, donor or volunteer:

200, 1509 Centre St. South, Calgary, AB, T2G 2E6  
P (403) 508 2500 F (403) 263 7358

[www.aidscalgary.org](http://www.aidscalgary.org)

HOURS: Monday – Friday  
8:30am – 12:30pm & 1:30pm – 4:30pm



**AIDS CALGARY**  
awareness association

empower  
growth  
**care**  
**community**  
compassion  
friendship  
**love**  
comfort  
learn  
together  
**life**  
family  
build  
embrace  
**smile**  
**enrich**  
support  
**share**  
**educate**  
**help**  
strength

# Our programs and services

For 25 years AIDS Calgary has provided information, education and prevention tools to the Calgary community. We impact people's lives through support, outreach, community development and human rights services – all free of charge. We help those at risk make healthy, informed choices.

## CLIENT SERVICES

Non-judgmental, compassionate and confidential information, prevention and support needs for people at-risk for, living with, and affected by HIV/AIDS.

### Advocacy and Referral

Help with accessing services, dealing with barriers and human rights issues. Links to other organizations for food, housing, counselling and other needs.

### Complementary Therapies

Free chiropractic and other therapies as available.

### Counselling and Support

Drop-in, by-phone or scheduled appointments. Longer-term case management and support groups.

### Greenbough Fund

Emergency financial assistance for registered clients of AIDS Calgary.

### HEAT (HIV Education and Awareness Today)

Outreach education, support, and training for the MSM community (men who have sex with men).

### HIV Information Resource Centre and Hotline

Information on HIV/AIDS, STI, Hepatitis C. Community resources and telephone support.

### Outreach Services

HIV education and prevention with high-risk groups. On the street, shelters, addiction centres, the Safeworks van and more.

### Prison Project

Support services and information sessions within the prison system.

### Nutritional Programs

*Positive Living Lunch Program:* hot meals for people living with HIV/AIDS. Socialize and learn about health and wellness.

*Coffee Connection:* drop-in peer support. Coffee and snacks.

*Good Food Box:* fruit and vegetables available at a discounted price.

*Community Kitchen:* group-cooking of inexpensive, balanced meals. Learn about meal planning.

### Safer Sex Supplies

Free condoms, lube, dental dams, gloves and information.

### Spirit Helpers

Support and education focused on Aboriginal people and communities.

### Transportation and Childcare Subsidies

For families with children accessing our services.

### Volunteer Support

Drivers for appointments. Help with resumes, job search, housing search, tax returns.

### YouthXChange

HIV prevention, education and support via outreach at youth agencies and events. Training for youth-serving professionals.

### Women's Programming

Support, outreach and special events focused on women.

## COMMUNITY STRATEGIES

Engages the community locally, provincially, nationally and globally in HIV/AIDS issues. Raises awareness, provides volunteer opportunities, fosters a collaborative response to HIV/AIDS.

### Speaker's Network & Continuing Education

HIV/AIDS training for schools, businesses and community groups. Speakers available.

### Volunteer Program

Make a difference by volunteering for our board of directors, special events, speaker's network, client services, community outreach, complementary therapies and other programs.

### Human Rights and Advocacy

Helps solve stigma, discrimination and human rights issues for persons living with HIV/AIDS, service providers and others.

### Greater Involvement of People Living with HIV/AIDS (GIPA)

Offers support to Positive Action, a group run by and for people living with HIV/AIDS. Creating a place to connect and strengthen their voice.

### Local, Provincial, National and International Partnerships

Facilitates the development of a collaborative response to HIV/AIDS.

### International Development

Facilitates knowledge exchange through local training sessions and international projects. Internships, technical assistance and twinning projects.

## DEVELOPMENT TEAM

Connects with the community by producing organizational and event communications, conducting community-based research and program evaluations, and organizing fundraising events.

### Communications

Raises awareness about HIV/AIDS through media relations and our newsletter and website.

*Ellipse:* Quarterly newsletter. Information and issues around HIV/AIDS. Free subscription at [aidscalgary.org](http://aidscalgary.org).

*aidscalgary.org:* Programs and event information. HIV/AIDS education and prevention resources.

### Community-based Research

Gains a better understanding of those we serve. Helps direct our programming through literature reviews and surveys.

### Fundraising Events

Supporting our programs and services.

*Calgary Cares:* spring gala. Internationally recognized as one of Calgary's most anticipated fashion and theatre events. [www.calgarycares.ca](http://www.calgarycares.ca).

*Spring for Life:* Gerbera Daisy sales in March - in partnership with the Canadian Foundation for AIDS Research. [www.springforlifecalgary.ca](http://www.springforlifecalgary.ca).

*Walk for Life Calgary:* A family-oriented festival each September - in partnership with the Canadian AIDS Society. [www.calgaryaidswalk.com](http://www.calgaryaidswalk.com).

"If I need to talk they are here to listen. I don't get judged here, and in the community I deal with discrimination."  
MONICA, AIDS CALGARY CLIENT

"Greenbough is one of the best things that AIDS Calgary offers. You guys made me change my ways and recognize my behaviours a lot more."  
KYLE, AIDS CALGARY CLIENT